



## April 2010 Parent Courses and Activities

Date	Time	Event	Instructor/Presenter	Location
April 6	6:30 - 7:30 p.m.	What Parents Need to Know about the DC CAS	Karla Reid-Witt, Office of Family and Public Engagement	PFRC Ward 7 (inside Shadd ES, 5601 East Capitol St., SE)
April 6	6:30 - 7:30 p.m.	What Parents Need to Know about the DC CAS	Office of Family and Public Engagement Staff	PFRC Ward 1 (inside Tubman ES, 3101 13 <sup>th</sup> St NW)
April 7 and 21	10 -11:00 a.m.	Learn to Support Your Child with Autism	Erin Houlihan, MT, BCBA	PFRC Ward 7 (inside Shadd ES, 5601 East Capitol St., SE)
April 8	8:30 – 9:30 a.m.	What Parents Need to Know about the DC CAS	Marketta Wiley, Office of Family and Public Engagement	C.W. Harris ES (301 53 <sup>rd</sup> Street, SE)
April 8	10 - 11 a.m.	What Parents Need to Know about the DC CAS	Sarah Johnson, Office of Family and Public Engagement	Amidon-Bowen ES(401 I Street, SW)
April 8	6:30 - 7:30 p.m.	What Parents Need to Know about the DC CAS	Sarah Johnson, Office of Family and Public Engagement	LaSalle-Backus EC (501 Riggs Road, NE)
April 9	9:30 – 10:30 a.m.	What Parents Need to Know about the DC CAS	Eboni-Rose Thompson, Office of Family and Public Engagement	Neval Thomas ES (650 Anacostia Avenue, NE)
April 10, 24	9:30 a.m. -12 p.m.	Saturday Learning Partnership	Mildred Lockridge and Crystal Powell	PFRC Ward 8 (inside M.C. Terrell ES, 3301 Wheeler Rd, SE)
April 10, 17, 24 <i>Every Saturday</i>	10 - 11:30 a.m.	Programa para padres de familia	Athena Viscusi, LICSW, Columbia Heights/Shaw Family Support Collaborative	PFRC Ward 1 (inside Tubman ES, 3101 13 <sup>th</sup> St NW)
April 10	Noon – 1 p.m.	Nutrition in the Kitchen	Tracye McQuirter, M.P.H. USDC Center for Nutrition, Diet and Health	PFRC Ward 1 (inside Tubman ES, 3101 13 <sup>th</sup> St NW)
April 12	10 -11 a.m.	Ages and Stages Questionnaire (ASQ) Training	Early Stages Staff	PFRC Ward 8 (inside M.C. Terrell ES, 3301 Wheeler Rd, SE)
April 13	5 -6 p.m.	Jumpstart on Summer	Eboni-Rose Thompson, Office of Family and Public Engagement	PFRC Ward 7 (inside Shadd ES, 5601 East Capitol St., SE)
April 13	9 – 10 a.m.	Building Your Child's Self Esteem	Julia Zahn, DCPS Social Worker and Octavia Shaw, Office of Family and Public Engagement	Ketcham ES (1919 15 <sup>th</sup> Street, SE)

Date	Time	Event	Instructor/Presenter	Location
April 13	6-7 p.m.	What Parents Need to Know about the DC CAS (in Spanish, English, Vietnamese)	Arturo Salcedo, Kate Amburgey, Yung Tu, Office of Family and Public Engagement	PFRC Ward 1 (inside Tubman ES, 3101 13 <sup>th</sup> St NW)
April 14	6:30 - 7:30 p.m.	What Parents Need to Know about the DC CAS	Sarah Johnson, Office of Family and Public Engagement	Miner ES (601 15 <sup>th</sup> Street, NE)
April 15	6:30 - 7:30 p.m.	What Parents Need to Know about the DC CAS	Octavia Shaw, Office of Family and Public Engagement	PFRC Ward 8 (inside M.C. Terrell ES, 3301 Wheeler Rd, SE)
April 17	Noon-1 p.m.	Nutrition in the Kitchen	Jean Johnson, MS, RD and Nathaly Advincula, USDC Center for Nutrition, Diet and Health	PFRC Ward 1 (inside Tubman ES, 3101 13 <sup>th</sup> St NW)
April 20	6 – 7 p.m.	Jumpstart on Summer	Marketta Wiley, Office of Family and Public Engagement	PFRC Ward 7 (inside Shadd ES, 5601 East Capitol St., SE)
April 21	9 – 10 a.m.	Nutrition for Good Health and Increased Attention Span	Fit Family/Children's Hospital	Stanton ES (2701 Naylor Road, SE)
April 24	Noon – 1 p.m.	Nutrition in the Kitchen	James Lee, BS and Kendra Hill-Bailey, USDC Center for Nutrition, Diet and Health	PFRC Ward 1 (inside Tubman ES, 3101 13 <sup>th</sup> St NW)
April 27	6 - 7 p.m.	Positive Discipline	Athena Viscusi, LICSW, Columbia Heights/Shaw Family Support Collaborative	PFRC Ward 1 (inside Tubman ES, 3101 13 <sup>th</sup> St NW)
April 29	6- 7 p.m.	DCPS Resources for Student: Office of Youth Engagement Health and Wellness	Andrea Shore, DCPS Health Services Manager, Office of Youth Engagement	PFRC Ward 8 (inside M.C. Terrell ES, 3301 Wheeler Rd, SE)

## Events

Date	Time	Event	Instructor/Presenter	Location
April 13	5:30 – 7:30 p.m.	Multilingual Census Questionnaire Assistance	Mayor's Offices of Asian and Pacific Islander Affairs, Latino Affairs, and African Affairs	PFRC Ward 1 (inside Tubman ES, 3101 13 <sup>th</sup> St NW)
April 22	6 – 8:30 p.m.	What's in Your Kids' Food? An evening of Film, Fun and Food	In collaboration with Georgetown University School of Continuing of Studies, POV, and WETA TV 26	PFRC Ward 8 (inside M.C. Terrell ES, 3301 Wheeler Rd, SE)

## Activities

Date	Time	Event	Instructor/Presenter	Location
April 14	4 – 5 p.m.	Early Stages Screening	Jameeka Flowers, Early Stages	PFRC Ward 7 (inside Shadd ES, 5601 East Capitol St., SE)
April 1, 8, 15, 22, 29 Every Thursday	6 - 7:30 p.m.	Game Changers	Neal Ables, Office of Family and Public Engagement	PFRC Ward 8 (inside M.C. Terrell ES, 3301 Wheeler Rd, SE)

### **DCPS Foundations for Scholars**

**What parents need to know about the DC CAS:** Do you know what the DC CAS is or why your child takes it? Have you ever used a “BCR” with your child? \* If you answer “no” or “I don’t know” to any of these questions please join us to learn about the DC Comprehensive Assessment System (DC CAS). Students in grades 3 through 8, and 10 take the DC CAS once a year to measure academic proficiency. This year the test will take place April 19-30. (\*“BCR” means brief constructed response).

*After this course you will:*

- Understand the format of the DC CAS
- Know what types of questions your child will be asked to answer
- Understand how DC CAS scores impact your child and your child’s school
- Learn some easy strategies to help your child prepare for the test

**DCPS Resources for Students:** The Office of Youth Engagement provides in-school programs and services for students ranging from nutrition to mental health to clubs. Come and learn about new and on-going OYE initiatives and how they support your child.

This month: The Office of Youth Engagement, Health and Wellness Unit will provide an overview of their programs and discuss the new health requirements for the 2010-2011 school year.

*After this course you will:*

- Understand the role and initiatives for the OYE Health and Wellness Unit
- Know more about resources available to your child in school

### **Learning-at-Home for Scholars**

**Jumpstart on Summer:** Preparing for summer starts now! Should your child attend a summer enrichment program or a camp? What’s available in the DC area? This course explores free and low cost learning opportunities for summer, and will get you thinking about how to support your child’s learning throughout the summer break.

*After this course you will:*

- Be able to identify summer activities for your child
- Be able to start planning for summer

**Learn to Support Your Child with Autism:** There are numerous ways you can continue at home the supports your child receives at school. This series provides information about autism and how to use Applied Behavioral Analysis (ABA) to help your child communicate, play, learn and behave! *Open to all DCPS parents of children with ASDs.*

**Saturday Learning Partnership:** This program reinforces Math and Literacy Skills for children in grades Pre-K-12. The unique aspect of this program is that parents and children work *together*. Classes are facilitated by Mrs. Mildred Lockridge and other highly qualified teachers and veteran instructors. Breakfast is provided. *Open to all DCPS parents and students.*

*This program:*

- Fosters a community of learners in an effort to foster positive relationships while increasing academic achievement
- Equips parents/guardians with the academic skills needed to confidently assist their children academically
- Helps parents feel comfortable in assisting/helping their children with homework

### **Health for Scholars**

**Nutrition in Your Kitchen:** In this series, parents and children learn the basics of good nutrition and healthy eating that can impact health and well-being. Each session focuses on one of the healthy “cornerstones” of nutrition – vegetables, fresh fruits, whole grains, and ends with hands on (and tasty) demonstrations.

*After this course you will:*

- Be able to create a healthy snack or dish for your family
- Know more about the importance and variety of food groups
- Have a better understanding of how and why diet diversity is important for health and wellness

**Building Your Child’s Self-Esteem:** What is self-esteem? How does it impact your child’s everyday life (school, home, community, amongst peers, etc.)? How does it help or hinder us as teenagers and adults? This course will define self-esteem and identify hands-on strategies for parents to use in order to build their children’s self-esteem.

*After this course you will:*

- Be able to define self-esteem
- Identify ways to encourage and boost your child’s self-esteem, self-worth, and self-respect
- Discuss the impact of positive self-esteem with academics and succeeding in life

**Nutrition for Good Health and Increased Attention Span:** This course will define nutrition, good health, and attention span. It will explain and demonstrate how nutrition and good health go hand-in-hand with learning and behavior.

*After this course, you will:*

- Know what types of food are good for you and your children’s health
- Know what types of food feeds the brain positively and negatively
- Identify nutritious food and recipes that are good for learning and behavior

### **Advocates for Scholars**

**ASQ Training:** The Ages and Stages Questionnaire (ASQ) is a pre-assessment screening tool for children ages 2 years and 9 months up to 5 years and 10 months that measures components of child development (physical, language and communication, social or emotional, cognitive, and adaptive) and provides DCPS a basis for determining if a child needs further evaluation for special education or related services.

This training will highlight for parents and caregivers the developmental milestones children should reach at certain ages, and explain how to administer the ASQ.

*After this course you will:*

- Have an understanding of Early Stages and what they do
- Be able to pre-assess children between 2 and 5 years of age and refer them to Early Stages for testing
- Be able to identify factors which may lead to developmental delays

**Positive Discipline:** During this workshop, parents will learn effective discipline techniques and how positive and negative discipline can impact the growth and development of their children.

*After this course you will:*

- Understand the difference between positive and negative discipline
- Learn new ways to correct behavior and communicate with your child
- Learn how to recognize signs abuse and neglect and learn the effects of abuse and neglect

**Programa para padres de familia:** Aprende a disciplinar a sus hijos, como comunicar mejor, como desarrollar la auto-estima, y como proteger a sus hijos de la violencia. Habrá cuidado de niños y una merienda. El programa es gratis. Para inscribirse, llamar a Athena al 202-319-7599.

### **Special Events**

**Census Questionnaire Assistance: Multilingual Workshop:** *Do you have questions about the census form?*

*Do you want help completing the census form?* Attend this workshop to receive help completing the 2010 Census. Staff from the Mayor's Offices of Asian and Pacific Islander Affairs, Latino Affairs, and African Affairs will be on hand to provide assistance in many languages.

**What's in Your Kids' Food? An Evening of Food, Film and Fun:** Join us to learn more about what's in the food we eat, how to eat healthier, and how you can make easy, healthy snacks and meals at home for your children. We'll watch excerpts from the Oscar-nominated movie, *Food, Inc.*, talk with **Tracye McQuirter** M.P.H., nutritionist and author, **Betsy Calloway**, local child health advocate, **Jeff Mills**, DCPS Director of Food Service, then participate in a healthy cooking demonstration with local chef **Coy Dunston**, owner of Secrets of Nature.

### **Activities**

**Early Stages Screening:** Early Stages provides free developmental screenings for children between the ages of 3 and 5. For any child screened who may have a delay (speech, physical, educational, etc.), Early Stages provides a full evaluation and recommendations for services through the District of Columbia Public Schools—all for free. The screening takes approximately 30 minutes.

**Game Changers:** Game on! Join other fathers/male caregivers ages 30 and over to exercise and discuss the role of men in their children's education. *Please note: child care is not provided at this program.*

**For more information about events, call one of the Parent and Family Resource Centers:**

Ward 1: 202-673-2028

Ward 7: 202-645-4374

Ward 8: 202-645-6619

Central: 202-442-5036